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HOUSEKEEPERS' CHAT

Friday, January 12, 1934.

(FOR BROADCAST USE ONLY)

Subject: "Milk for the Family." Information from the Bureau of Home Economics, U.S.D.A.

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"A prophet is not without honor, save in his own country and in his own house." Or, to make the quotation fit my own case, "An advice-giver is not without honor, save in her own house."

I spend my life giving good advice about food, helping to spread new facts about nutrition as they are discovered by scientists in the food field. And what do I get for all my trouble? From my Next-Door-Neighbor -- no honor at all. Here's what happened. She came over yesterday afternoon, and greeted me thus:

"With a ha-ha maybe, and a ho-ho perhaps, I'm indulging in tentative mirth!"

I was in a serious mood, for I was preparing a paper on "The Vitamin Content of Milk."

"A coincidence!" said my Neighbor. "I was just going to ask you a question about milk. How very strange."

"What's your question?" I asked. "I hope it is of a practical nature."

"Oh yes, indeed," said my friend. "I merely wanted to ask you whether, in all your research, you have found out why the popular dessert known as junket is called junket. I know that you have a rich fund of information about milk, and milk products. Do you happen to know the answer to my simple question?"

Well, I didn't -- and I was just a little nettled about it. Now if she had asked me about the food value, I could have told her a-plenty.

"Look here," I said. "The important facts about milk are these: It is a valuable food for young and old, sick and well, inactive and hard working. A generous daily quota of milk is especially necessary during the years of rapid growth. Milk has no equal among foods as a source of calcium, which is needed by everyone for sound teeth and strong bones."

"Oh dear me," interrupted my Neighbor. "I didn't ask for a lesson on milk. I just wanted to inquire whether -- "

"Never mind," I said sternly. "Milk is unique among foods, because each of the six vitamins now known is found in it, in large or small quantities. Milk is particularly valuable in the low-cost diet, because it provides high quality protein, calcium, and vitamins A and G, cheaply."

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"What if you can't afford fresh milk?" asked my friend. (She was getting interested, in spite of herself.)

If fresh milk isn't available, I told her, use dry, evaporated or condensed milk. Even skim milk, in either liquid or dried form, is an important food material.

"If you were on a low-cost diet" -- this was her next question -- "how much milk would you allow each day for each member of the family?"

A quart for every child, I told her, and a pint for each grown-up. The less money there is for food, the more important that the whole family use plenty of milk and its products. As I have often said before, milk contributes more to good nutrition than does any other single food. It is used to the best advantage when combined in the diet with other foods.

"What if a certain member of your family doesn't like milk as a beverage," asked my Neighbor.

(She certainly was in an inquiring frame of mind. I talked fast, to keep her off the subject of "junket.")

In that case, I said, combine the milk with other foods. Milk and vegetables served together in creamed dishes supplement each other especially well in food value. A delicious combination is cut or shredded cabbage, spinach, or carrots, cooked for a few minutes in whole or in top milk, seasoned and thickened with a cream sauce. Add grated cheese to the white sauce, if you like. A rich cheese sauce, poured over crisp toast, makes a very nice luncheon or supper dish, especially if served with a cooked vegetable or a vegetable salad.

Other dishes in which milk has an important part are milk soups, chowders, and beverages. Milk shakes and eggnogs are nutritious drinks. To make a smooth eggnog, beat hot milk into the egg, add the flavoring, and chill the mixture before serving.

Then, of course, milk may be used to increase the food value of batters and doughs -- quick breads, cakes, cookies, and so on.

"Aren't there any milk desserts?" asked my Neighbor.

(I knew she would come around to that subject as soon as possible.)

There are <u>endless</u> milk desserts, I explained. Puddings made by slowly baking sweetened milk with rice, corn meal, or buttered bread, with raisins or spice for flavoring; custards of several kinds; milk sherbets; ice cream. Oh, there's an endless variety of delicious milk desserts!

"What about junket?" asked my friend. "Isn't it a popular dessert, especially for children?"

Of course, I told her, everybody knows about junket. It's one of the simplest of milk desserts, made merely of sweet, flavored milk, thickened to a custardlike consistency by means of a rennet preparation. Good flavorings for junket are caramel, maple, almond, and vanilla. For variety, you may serve with it crushed fresh fruits or fruit sirups, crushed peanut brittle, or cinnamon and sugar. If you want to add to the flavor and the food value, serve cream over junket.

"I give up," said my Neighbor. "You aren't going to ask me what I know about the derivation of the word, junket, so I'm going to tell you anyway."

"Is it of practical value?" I asked.

"Very," said my neighbor. "It's something you ought to know. The word junket comes from jonquil -- the same name as the flower. Jonquils are a rush out of which baskets were made. When junket was prepared, the milk was strained through these rush baskets. Later, the name of the basket was applied to the curds themselves. And that's how junket was born," concluded my jazzy neighbor.

After she left, I checked up on the word, and I found out that she was right about it. Well -- jonquil or junket -- it's a very good way of using milk, the most important single food yet discovered.

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